



**WEATHER HOTLINE
(210) 207-3128**

NOVEMBER 2015 SCHEDULE

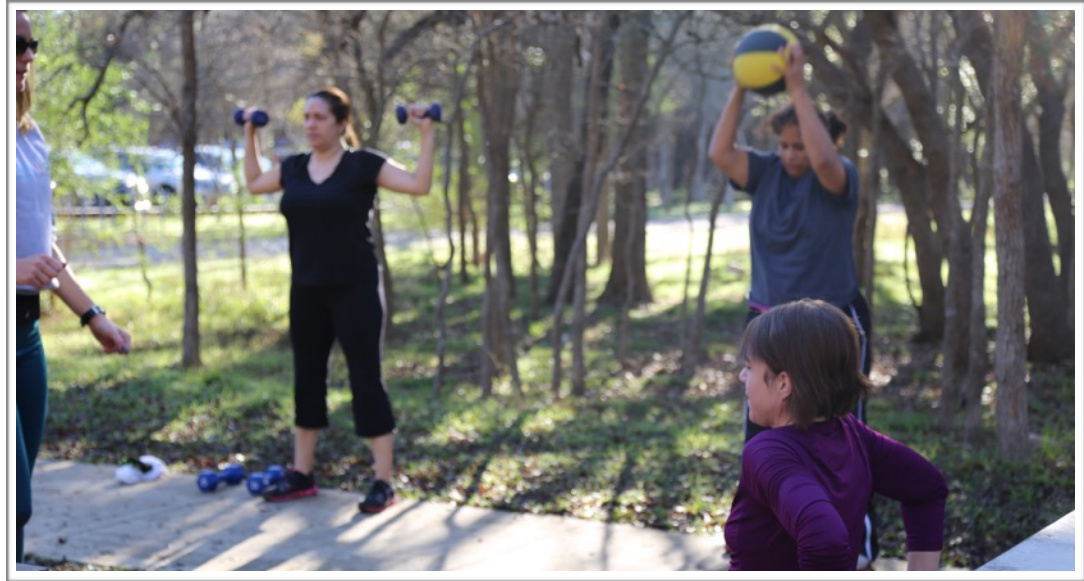
Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all fitness levels.



@SAParksFitness
San Antonio Parks and Recreation Fitness

BOOT CAMPS

Boot camps and circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. Exercises will also focus on flexibility and agility, giving you a great total body workout. An exercise “circuit” refers to one completion of all prescribed exercises in the program.



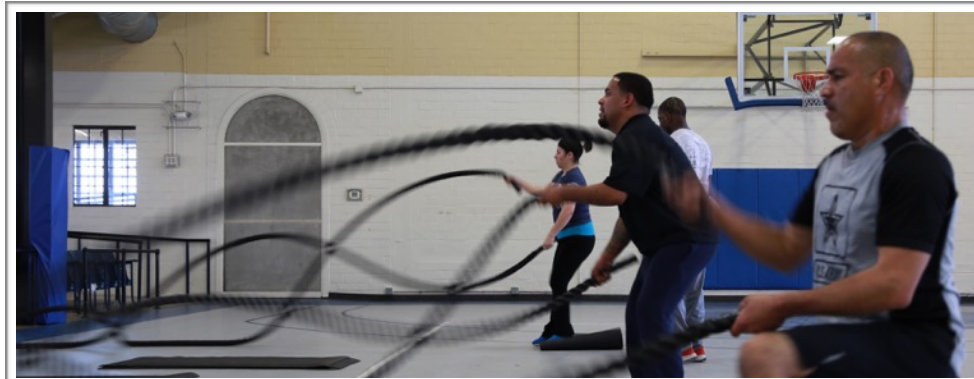
Class Name	Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp	Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza community center *No class November 11, 23 or 25
Adult Boot Camp	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale community center
Adult Boot Camp	LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Inside Lou Hamilton community center *No class November 11
Adult Boot Camp	Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom *No class November 7 or 28
Boot Camp	South San Park 2031 Quintana	Mon	6:30 pm	Inside South San community center
Boot Camp hosted by Christ Fit Fusion	Lions Field 2809 Broadway	Sat	9:00 am	At the outdoor fitness stations
Boot Camp hosted by Christ Fit Fusion	Hardberger Park West 8400 NW Military	Sat	11:00 am	At the basketball courts
Boot Camp	Miller's Pond Park 6175 Old Pearsall Rd	Wed	6:30 pm	Next to the pavilion *No class November 11
Boot Camp	South Side Lions Park 3100 Hiawatha	Thurs	5:30 pm	At the community center *No class November 26
Boot Camp	Encino Library 2515 East Evans Rd.	Mon	6:00 pm	Inside the library conference room *No class November 30
Boot Camp	Palm Heights 1201 W. Malone	Thurs	7:30 pm	At the outdoor fitness stations *No class November 26



CIRCUIT TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	McAllister Park <i>13102 Jones Maltsberger</i>	Sat	10:00 am	At the outdoor fitness stations
Adult Circuit Training	Enrique Barrera Fitness Center <i>5800 Old Hwy 90</i>	Tues	6:00 pm	Inside Enrique Barrera fitness center
Adult Circuit Training	Bonnie Conner Park <i>13300 Woller</i>	Tues / Thurs	5:30 pm	Next to the library *No class November 26
Adult Circuit Training	Labor Street Park <i>436 Labor Street</i>	Wed	5:30 pm	At the outdoor fitness stations *No class November 11
Adult Circuit Training	Dignowity Park <i>701 Nolan</i>	Sun, November 8	10:00 am	In the park next to library
Adult Circuit Training	Woodlawn Lake Park <i>1103 Cincinnati</i>	Mon / Thurs	6:30 pm	At the Community Health & Wellness Center (Gym) *No class November 26
Adult Circuit Training	Lou Kardon Park <i>6161 Gibbs Sprawl Rd.</i>	Wed	8:30 am	At the outdoor fitness stations *No class November 11
Outdoor Circuit hosted by the Mays Family YMCA	Panther Springs Park <i>21456 Blanco</i>	Mon / Wed	8:30 am	Mays YMCA lobby *No class November 11
Adult Circuit Training (30 minutes)	Walker Ranch Park <i>12603 West Ave.</i>	Mon	5:15 am	Next to the pavilion
Adult Circuit Training	Hardberger Park West <i>8400 NW Military Hwy</i>	Sun	11:00 am	Next to the basketball courts
Adult Circuit Training	Travis Park <i>301 E. Travis</i>	Tues	12:00 pm	On the east side of the park

CIRCUIT TRAINING, CROSS TRAINING AND MORE



Class Name	Location	Day(s)	Time	Meeting Place
Adult Circuit Training	Stone Oak Park 20395 Stone Oak Pkwy	Mon	8:30 am	At the outdoor fitness stations *No class November 30
Adult Circuit Training	Heritage Duck Pond 900 S. Ellison	Tues	5:00 pm	Next to the playground
Adult Circuit Training	Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the outdoor fitness stations
Low Impact Circuit Training	Encino Library 2515 East Evans Rd.	Mon	5:00 pm	Inside the library conference room *No class November 30
Low-Impact Circuit Training	Parman Library 20735 Wilderness Oak	Mon	10:00 am	In the conference room *No class November 30
Low-Impact Circuit Training	Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill community center *No class November 11
Low-Impact Fitness Training	Commander's House 622 S. Flores	Tues	10:00 am	In upstairs conference room
Low Impact Circuit Training	Lions Field Senior Center 2809 Broadway	Tues	8:30 am	Inside Lions Field adult & senior center
Low Impact Circuit Training	West End Park 1401 N Hamilton	Mon	9:00 am	Next to Frank Garrett Center
Cross Training	Garza Park 1450 Mira Vista	Tues / Wed / Thurs	6:00 pm	Inside Garza community center *No class November 11, 24, 25 or 26
Lunch Crunch (30 min)	Travis Park 301 E. Travis	Tues	11:30 am	In the park
Core Training (30 min)	Perez Park 8601 Timber Path	Mon	6:30 pm	Next to the playground
Core Training (30 min)	Perez Park 8601 Timber Path	Mon	7:00 pm	Next to the playground
Core Training (60 minutes)	Cuellar Park 5626 San Fernando	Fri	5:00 pm	Inside Cuellar Community Center *No class November 27



INTERVAL TRAINING

Class Name	Location	Day(s)	Time	Meeting Place
Interval Training	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward community center *No class November 11 or 25
Interval Training	Bonnie Conner Park 13300 Woller	Tues / Thurs	6:30 pm	Next to the playground *No class November 26
Interval Training	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode community center
Interval Training	Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts
Interval Training	McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion
Interval Training	Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion *No class November 11 or 25
Interval Training	Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion
Functional Fitness Fusion Interval Training	Veteran's Memorial Park 3864 Cibolo Valley Drive, Cibolo, TX	Sat	9:00 am	Meet in the park

MOM, POP AND TOT

Mom, Pop & Tot Fitness is a unique fitness experience allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout!

Class Name	Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430
Stroller Strides by Fit 4 Mom	Phil Hardberger Park East 13203 Blanco	Sat, November 7	9:30 am	Picnic tables *For inclement weather cancellations call 800-279-7430

FAMILY FITNESS FRENZY

Family Fitness Frenzy is a great way to work out as a family. This unique exercise class allows the entire family to work out together. Activities are modified for all ages and abilities. Model healthy habits to your children while improving your family's overall health. A parent or guardian must stay with their children during class.

Class Name	Location	Day(s)	Time	Meeting Place
Family Fitness Frenzy	Miller's Pond Park <i>6175 Old Pearsall Rd</i>	Wed	5:30 pm	Next to the pavilion *No class November 11
Family Fitness Frenzy	LBJ Park <i>10700 Nacogdoches</i>	Wed	5:30 pm	Inside Lou Hamilton community center *No class November 11
Family Fitness Frenzy	Hardberger Park West <i>8400 NW Military Hwy</i>	Sun	12:00 pm	Next to the basketball courts
Family Fitness Frenzy	Dignowity Park <i>701 Nolan</i>	Sun, November 8	11:30 am	In the park next to library
Family Fitness Frenzy	Perez Park <i>8601 Timber Path</i>	Mon	5:30 pm	Next to the playground



STRENGTH AND CONDITIONING

Class Name	Location	Day(s)	Time	Meeting Place
ELITE Strength & Conditioning (Strength)	Cuellar Park <i>5626 San Fernando</i>	Mon	5:00 pm	Inside Cuellar community center
ELITE Strength & Conditioning (Conditioning)	Cuellar Park <i>5626 San Fernando</i>	Mon	6:00 pm	Inside Cuellar community center
ELITE Strength & Conditioning (Conditioning)	Labor Street Park <i>436 Labor Street</i>	Wed	6:30 pm	At the outdoor fitness stations *No class November 11
Beginners Weight Training (Strength)	Cuellar Park <i>5626 San Fernando</i>	Fri	6:00 pm	Inside Cuellar community center *No class November 27

CROSS FIT

Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, always producing results.

Class Name	Location	Day(s)	Time	Meeting Place
Cross Fit	Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center
Cross Fit	Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center
Cross Fit	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	Turkey Roost pavilion
Cross Fit	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center *No class November 11 or 25
Cross Fit	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	7:30 pm	At the Community Health & Wellness Center (Gym) *No class November 26
Cross Fit	Heritage Duck Pond 900 S. Ellison	Tues	6:00 pm	Next to the playground
Cross Fit	LBJ Park 10700 Nacogdoches	Sat, Nov 7	9:00 am	In the field near the trailhead
Cross Fit	West End Park 1401 N Hamilton	Mon	8:00 am	Next to Frank Garret Center
Cross Fit for Kids	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i>
Cross Fit for Adults	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i>
Cross Fit	Monterrey Park 5909 W. Commerce	Sat	10:00 am	Next to the playground





Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions. Try one of several types of yoga offered, including our Family Friendly Yoga classes that are open to families with young children. Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, great for stretching and serenity.

YOGA AND TAI CHI

Class Name	Location	Day(s)	Time	Meeting Place
Yoga	Dorie Miller 2802 MLK	Sat	11:30 am	Inside Dorie Miller Community Center
Yoga	Mission Library 3134 Roosevelt	Sat	1:00 pm	Inside the conference room *No class November 7 or 28
Yoga	Pan American Library 1122 Pyron Ave.	Mon	6:30 pm	Inside the library
Yoga	Cuellar Community Center 5626 San Fernando	Tues	5:00 pm	Meet inside Cuellar Community Center *No class November 24
Yoga	Lou Hamilton Community Center 10700 Nacogdoches	Wed	6:00 pm	Meet inside Hamilton Community Center *No class November 11
Family Friendly Yoga	Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom *No class November 7 or 28
Family Friendly Yoga	Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations
Chair Yoga	Dorie Miller 2802 MLK	Sat	10:30 am	Inside Dorie Miller Community Center
Tai Chi	Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside the library *Must be on time to participate *No class November 27



CYCLING

Cycling is a great workout for the whole family. With less impact on the joints than running, cycling can provide a peaceful day with lots of scenic views. Try Cycling Circuit, a unique fitness class that blends bicycling with elements of traditional circuit training. This is a 'bring your own' bike class recommended for adults 18 and up.

Class Name	Location	Day	Time	Meeting Place
Cycling Circuit	Mission Library 3134 Roosevelt	Sat	2:00 pm	Outside the Library *No class November 7 or 28

Class Name	Location	Day(s)	Time	Meeting Place
Zumba hosted by Community First Health Plans	Normoyle Park 700 Culberson	Mon/Wed	6:30 pm	Meet inside Normoyle community center *No class November 11, 23 or 25
Zumba	Harlandale Park 7227 Briar Place	Wed	7:15 pm	Inside Harlandale community center *No class November 11 or 25
Zumba	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	Turkey Roost pavilion
Zumba	Enrique Barrera Fitness Center 5800 Old Hwy 90	Mon	6:45 pm	At the fitness center
Zumba	South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	At the community center *No class November 26
Zumba	Arnold Park 1011 Gillette	Tues	6:00 pm	Inside the Ramirez community center *No class November 24
Zumba / Dance Mix hosted by the Y Living Center	Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the YMCA *No class November 11
Zumba hosted by the Walzem YMCA	Walzem YMCA 5538 Walzem	Sat	11:00 am	Inside the YMCA
Zumba hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the front desk
Zumba hosted by the Braundera YMCA	OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Inside the YMCA *No class November 27

ZUMBA

Working out doesn't feel like work when you're having fun. That's why using dance is a great way to burn calories, tone up and increase your endurance. Our Zumba classes always feel like a party so come join us and party yourself into shape!



DANCE FITNESS

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line, hip hop, ballet, hula, and folklorico, we have something for everyone.



Class Name	Location	Day(s)	Time	Meeting Place
CYPHER Hip Hop Dance	Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside the dance studio * Ages 11 to Adult
Adult Hip Hop Dance	LBJ Park 10700 Nacogdoches	Thurs	8:00 pm	Inside Lou Hamilton Community Center *Ages 18+ *No class November 26
Hula Dancing	LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center *No class November 23
Adult Line Dancing	Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill community center *No class November 27
Adult Line Dancing	Granados Park 500 Freiling	Fri	10:00 am	Inside Granados adult & senior center *No class November 20 or 27
Line Dancing	Berta Almaguer Dance Studio 138 S. Josephine	Sat	1:00 pm	Inside the dance studio
Bailar Es Vivir (A mix of dance styles)	Enrique Barrera Fitness Center 5800 Old Hwy 90	Mon/Wed	6:00 pm	Inside Enrique Barrera fitness center *Class is taught in Spanish *No class November 11
Intro to Folklorico Dance (Teens and Adults)	Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside the dance studio
Intro to Folklorico Dance for adults	Granados Park 500 Freiling	Fri	11:00 am	Inside Granados adult & senior center *No class November 20 or 27
Intro to Ballet Exercise (Teens and Adults)	Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside the dance studio

MORE CARDIO

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength routines. The goal is to improve all elements of fitness including flexibility, muscular strength, and cardio vascular fitness.

Body Combat is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

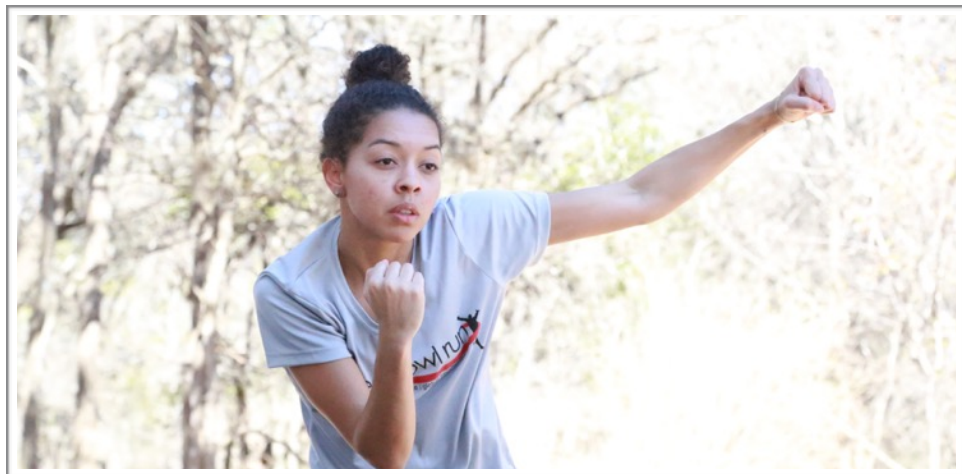
Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

Designed for all fitness levels, Body Pump uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, awesome instructors, Body Pump strengthens, tones and defines the body as nothing else can.

Piloxing is a fusion of Pilates, boxing, and dance done through interval training. Come try this new and unique exercise class!

Martial Arts is a great way to improve your balance, strength, flexibility and overall conditioning. This family class allows you to work out as a family.

Tae Bo is a martial arts based workout made famous by Billy Banks. This fun-filled workout will tone your entire body.



Class Name	Location	Day(s)	Time	Meeting Place
Cardio Kickboxing	Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion *No class November 11 or 25
Cardio Kickboxing	Heritage Duck Pond 900 S. Ellison	Tues	7:00 pm	Next to the pavilion
Cardio Kickboxing	Normoyle Park 700 Culberson	Thurs	6:00 pm	At the center *No class November 26
Body Combat hosted by the Davis Scott YMCA	Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Inside the YMCA *No class November 11
Body Combat hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the front desk
Body Pump hosted by the Westside YMCA	Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the front desk
Piloxing	South Side Lions Park 3100 Hiawatha	Mon	6:30 pm	Inside South Side Lions community center *No class November 23
Family Martial Arts	Encino Library 2515 East Evans Rd.	Mon	4:00 pm	Inside the library conference room *Limit of 30 participants per session *No class November 30
Family Martial Arts	Encino Library 2515 East Evans Rd.	Mon	4:30 pm	Inside the library conference room *Limit of 30 participants per session *No class November 30
Tae Bo	Copernicus Park 5003 Lord Rd	Tues	6:00 pm	Inside Copernicus Community Center *No class November 24
Tae Bo	Copernicus Park 5003 Lord Rd	Thurs	6:00 pm	Inside Copernicus Community Center *No class November 12 or 26

WALKING GROUPS

Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity. Through consistent walking, you will get and stay healthier, feel better about yourself, enjoy reduced health risks, stronger muscles and increased bone density. Walking is also a great way to meet new friends!



Class Name	Location	Day(s)	Time	Meeting Place
Social Walk	Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill community center
Power Walk	Commander's House 622 S. Flores	Tues	8:30 am	On the porch of the Commander's House
Walk on the River	Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House *No class November 26
Walking Group	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	At the Community Health & Wellness Center (Gym) *No class November 26
Walk It Out Fitness	Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	At Copernicus community center *No class November 26
Walk It Out Fitness	Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	At Copernicus community center
Community Walk	Pittman-Sullivan Park 1213 Iowa	Sat, November 28	8:30 am	At the YMCA entrance



VOLUNTEER OPPORTUNITIES

Do you host a free fitness class? Are you looking to start one up? If so, consider becoming part of Fitness in the Park.

Please contact **Travis.Davey@SanAntonio.gov** for details. We provide participant and instructor incentives, and we have a large network of participants that might be interested in joining you.



JUST FOR KIDS

Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!

Class Name	Location	Day(s)	Time	Meeting Place
Youth Sports Conditioning	Cuellar Park 5626 San Fernando	Wed	7:00 pm	Inside the large gym *Ages 14 to 18 *No class November 11 or 25
Youth and Adult Basketball Conditioning	Copernicus Park 5003 Lord	Mon	6:30 pm	Inside the gym *No class November 23
Youth Volleyball Conditioning	Copernicus Park 5003 Lord	Wed	6:30 pm	Inside the gym *No class November 11 or 25
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	2:00 pm	Inside the gym *Middle School Ages *No class November 7 or 21
Youth Basketball Conditioning	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside the gym *High School Ages *No class November 7 or 21
Cross Fit for Kids	Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i>

GIVING THANKS FOR

Thanksgiving is a time for reflection on what we are thankful for. During November we encourage you to post a video on twitter about why you are thankful for Fitness in the Park with #FitnessinthePark.

RACQUET SPORTS

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by the San Antonio Tennis Association are perfect for those that want to get back into the "swing" of things. For a variation try table tennis, pickle ball, or RoTenGo, the hottest new racket in town! The newly renovated Labor Street Park is home to a brand new set of marked RoTenGo courts for your enjoyment.



Class Name	Location	Day(s)	Time	Meeting Place
Adult Table Tennis	Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside the library *No class November 26
Adult Table Tennis	Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside the library
Modified Tennis	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	At the Granados Adult & Senior Center
Pickleball	LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton community center gym
Pickleball	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	At the Granados Adult & Senior Center
RoTenGo	Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Upstairs gym *No class November 27
RoTenGo	Labor Street Park 436 Labor Street	Tues	6:15 pm	On the courts
Chair Volleyball for adults	Lackland Terrace Park 7902 Westshire	Tues / Thurs	9:30 am	Inside Gill adult and senior center *No class November 26
Adult Tennis	McFarlin Tennis Center 1503 San Pedro	Wed, November 4	6:00 pm - 7:30 pm	Courts 17-19 *Also open to adaptive players and Wounded Warriors



TROOPS FOR FITNESS

Troops for Fitness is a series of fitness classes taught by skilled military veterans. With the support of Coca-Cola, the San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes. The following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Adult Boot Camp**
Harlandale Park
LBJ Park
- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park
- **Low Impact Circuit**
Lackland Terrace
- **Yoga**
Cuellar Park
- **Interval Training**
McAllister Park
Bonnie Conner Park
Ward Park
Veterans Memorial Park (Cibolo)
Highland Park
- **Family Fitness Frenzy**
LBJ Park
Perez Park
- **Cross Fit**
McAllister Park
Harlandale Park
Highland Park
Ward Park
- **Core Training**
Perez Park
- **Veterans Day Event**
San Pedro Park





VETERANS DAY WORKOUT

Fitness in the Park
Spotlight
November 2015

San Pedro Park (1415 San Pedro) - Meet at the entrance of McFarlin Tennis Center

Join our dedicated Troops for Fitness instructors as they lead participants in a great afternoon of fitness classes. We'll have something for everyone. Browse the schedule of activities below and show up ready to work out. No need to register!

Ruck March: 1:00 pm

Military Style Obstacle Course: 1:00 pm

Zumba: 1:00 pm

Cross Fit: 2:00 pm

Family Fitness Frenzy: 2:00 pm



WEEKLY SCHEDULE

NOVEMBER 2015

Monday October 26	Tuesday October 27	Wednesday October 28	Thursday October 29	Friday October 30	Saturday October 31	Sunday November 1
5:15 am Circuit Training Walker Ranch Park 6:00 am Interval Training Walker Ranch Park 8:30 am Circuit Training Panther Springs Park 9:30 am Circuit Training Stone Oak Park Modified Tennis Granados Center 10:00 am Low-Impact Circuit Parman Library Social Walk Lackland Terrace Park 10:30 am Pickleball Granados Park 4:00 pm Martial Arts Encino Library 4:30 pm Martial Arts Encino Library 5:00 pm Strength Cuellar Park 5:30 pm Interval Training Stone Oak Park Walking Group Woodlawn Lake Park Family Fitness Perez Park 6:00 pm Conditioning Cuellar Park Hula LBJ Park Bailar es vivir Enrique Barrera FC Circuit Training Collins Garden Park 6:30 pm Piloxing South Side Lions Park Self Defense Circuit Stone Oak Park Boot Camp Garza Park Boot Camp Harlandale Park Boot Camp South San Park Yoga Pan American Library Circuit Training Woodlawn Lake Park Zumba OP Schnabel Park Basketball Conditioning Copernicus Park Core Training Perez Park 6:45 pm Zumba Barrera Fitness Center 7:00 pm Family Yoga Collins Garden Park Core Training Perez Park 7:30 pm Cross Fit Woodlawn Lake Park Cross Fit Harlandale Park Boot Camp Palm Heights Park	8:30 am Power Walk Commander's House Low Impact Circuit Lions Field 9:30 am Stroller Strides Hardberger Park East Chair Volleyball Lackland Terrace Park 10:00 am Folklorico Berta Almaguer Studio Low Impact Fitness Commander's House 11:00 am Ballet Exercise Berta Almaguer Studio 11:30 am Lunch Crunch Travis Park 12:00 pm Circuit Training Travis Park 1:00 pm Table Tennis Mission Library 5:00 pm Circuit Training Heritage Duck Pond 5:30 pm Circuit Training Bonnie Conner Park 6:00 pm Cross Training Garza Park Circuit Training Enrique Barrera FC Cross Fit Highland Park Zumba Arnold Park Tae Bo Copernicus Park CrossFit Heritage Duck Pond 6:15 pm Rotengo Labor Street Park 6:30 pm Interval Training Bonnie Conner Park 7:00 pm Interval Training Highland Park Cardio Kickboxing Heritage Duck Pond 7:30 pm Boot Camp Palm Heights Park	8:30 am Circuit Training Lou Kardon Park Circuit Training Panther Springs Park 10:00 am Low-Impact Circuit Lackland Terrace Park 5:30 pm Family Fitness Frenzy LBJ Park Circuit Training Labor Street Park Family Fitness Miller's Pond 6:00 pm Bailar es vivir Enrique Barrera FC Cross Training Garza Park Cardio Kickboxing Walker Ranch Park Adult Tennis McFarlin Tennis Center 6:30 pm Boot Camp LBJ Park Boot Camp Garza Park Zumba Jimmy Flores Park Zumba OP Schnabel Park Interval Training Ward Park Conditioning Labor Street Park Body Combat Pittman-Sullivan Park Volleyball Conditioning Copernicus Park Boot Camp Miller's Pond 7:00 pm Interval Training Walker Ranch Park Youth Sports Cond Cuellar Park 7:15 pm Zumba Harlandale Park 7:30 pm Cross Fit Ward Park	8:30 am Walk on the River Commander's House 9:30 am Chair Volleyball Lackland Terrace Park 1:00 pm Table Tennis Mission Library 5:30 pm Circuit Training Bonnie Conner Park Walking Group Woodlawn Lake Park Boot Camp Southside Lions Park 6:00 pm Cross Training Garza Park 6:30 pm Circuit Training Woodlawn Lake Park Interval Training Bonnie Conner Park 6:45 pm Zumba South Side Lions Park 7:00 pm Walk It Out Fitness Copernicus Park 7:30 pm Cross Fit Woodlawn Lake Park Boot Camp Palm Heights Park 8:00 pm Hip Hop Dance LBJ Park	10:00 am Line Dancing Lackland Terrace Park 11:00 am Tai Chi Pan American Library 6:00 pm Zumba OP Schnabel Park Rotengo Jesse James Leija Gym	9:00 am Pickleball LBJ Park Zumba McAllister Park Hip Hop Dance Berta Almaguer Studio Cross Fit McAllister Park Interval Training Veterans Memorial Park 9:30 am Boot Camp Hardberger Park East 10:00 am Zumba Rosedale Park Circuit Training McAllister Park 10:30 am Yoga Hardberger Park East Chair Yoga Dorie Miller Park 11:00 am Zumba Walzem YMCA Body Pump Rosedale Park Interval Training McAllister Park 11:30 am Yoga Dorie Miller 12:00 pm Body Combat Rosedale Park 1:00 pm Walk It Out Fitness Copernicus Park Line Dancing Berta Almaguer Yoga Mission Library 2:00 pm Cycling Circuit Mission Library Basketball Conditioning Arnold Park 3:00 pm Basketball Conditioning Arnold Park 3:30 pm Table Tennis Mission Library	10:00 am Interval Training Hardberger Park West 11:00 am Circuit Training Hardberger Park West 12:00 pm Family Fitness Hardberger Park West

WEEKLY SCHEDULE

NOVEMBER 2015

Monday November 2	Tuesday November 3	Wednesday November 4	Thursday November 5	Friday November 6	Saturday November 7	Sunday November 8
5:15 am Circuit Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Panther Springs Park	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	9:00 am Interval Training Veterans Memorial Park	10:00 am Circuit Training Dignowity Park
6:00 am Interval Training Walker Ranch Park	9:30 am Stroller Strides Hardberger Park East	10:00 am Low-Impact Circuit Lackland Terrace Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Tai Chi Pan American Library	CrossFit McAllister Park	Interval Training Hardberger Park West
8:00 am Cross Fit West End Park	10:00 am Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	1:00 pm Table Tennis Mission Library	5:00 pm Core Training Cuellar Park	Pickleball LBJ Park	11:00 am Circuit Training Hardberger Park West
8:30 am Circuit Training Panther Springs Park	11:00 am Low Impact Fitness Commander's House	6:00 pm Bailar es vivir Enrique Barrera FC	5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schnabel Park	Hip Hop Dance Berta Almaguer Studio	11:30 am Family Fitness Frenzy Dignowity Park
9:00 am Circuit Training Stone Oak Park	11:30 am Lunch Crunch Travis Park	6:30 pm Boot Camp LBJ Park	Circuit Training Bonnie Conner Park	Beg. Weight Training Cuellar Park	Boot Camp Lions Field	
9:30 am Low Impact Circuit West End Park	12:00 pm Circuit Training Travis Park	6:45 pm Zumba South Side Lions Park	6:00 pm Cross Training Garza Park	7:00 pm Walk It Out Fitness Copernicus Park	Cross Fit LBJ Park	
10:00 am Modified Tennis Granados Center	1:00 pm Table Tennis Mission Library	7:00 pm Interval Training Ward Park	6:30 pm Circuit Training Woodlawn Lake Park	7:30 pm Cross Fit Woodlawn Lake Park	Stroller Strides Hardberger Park East	12:00 pm Family Fitness Hardberger Park West
10:00 am Low-Impact Circuit Fairman Library	5:00 pm Circuit Training Heritage Duck Pond	7:15 pm Zumba Harlandale Park	Cardio Kickboxing Walker Ranch Park	7:30 pm Boot Camp Palm Heights Park	Cross Fit Monterrey Park	
10:30 am Social Walk Lackland Terrace Park	5:30 pm Circuit Training Bonnie Conner Park	7:30 pm CrossFit Ward Park	Cardio Kickboxing Normoyle Park	8:00 pm Hip Hop Dance LBJ Park	Chair Yoga Dorie Miller Park	
10:30 am Pickleball Granados Park	6:00 pm Cross Training Garza Park		Tae Bo Copernicus Park		Zumba Walzem YMCA	
4:00 pm Martial Arts Encino Library	6:15 pm Rotengo Labor Street Park		Yoga LBJ Park		Interval Training McAllister Park	
4:30 pm Martial Arts Encino Library	6:30 pm Interval Training Bonnie Conner Park		Yoga Cuellar Park		Body Pump Rosedale Park	
5:00 pm Strength Cuellar Park	6:30 pm Interval Training Highland Park		Kids Cross Fit Rainbow Hills Park		Boot Camp Hardberger Park West	
5:30 pm Low Impact Circuit Encino Library	7:00 pm Interval Training Highland Park		6:30 pm Zumba Jimmy Flores Park		Yoga Dorie Miller	
5:30 pm Walking Group Woodlawn Lake Park	7:00 pm Cardio Kickboxing Heritage Duck Pond		6:45 pm Zumba Normoyle Park		11:30 am Yoga Dorie Miller	
Family Fitness Perez Park	7:30 pm Circuit Training Woodlawn Lake Park		7:00 pm Interval Training Bonnie Conner Park		12:00 pm Body Combat Rosedale Park	
6:00 pm Conditioning Cuellar Park	7:30 pm Circuit Training Woodlawn Lake Park		7:00 pm Interval Training Walker Ranch Park		1:00 pm Walk It Out Fitness Copernicus Park	
Hula LBJ Park	7:30 pm Circuit Training Woodlawn Lake Park		7:15 pm Zumba Harlandale Park		Line Dancing Berta Almaguer	
Bailar es vivir Enrique Barrera FC	7:30 pm Circuit Training Woodlawn Lake Park		7:30 pm CrossFit Ward Park			
Circuit Training Collins Garden Park	7:30 pm Circuit Training Woodlawn Lake Park					
Boot Camp Encino Library	7:30 pm Circuit Training Woodlawn Lake Park					
6:30 pm Piloxing South Side Lions Park	7:30 pm Circuit Training Woodlawn Lake Park					
Boot Camp Garza Park	7:30 pm Circuit Training Woodlawn Lake Park					
Boot Camp Harlandale Park	7:30 pm Circuit Training Woodlawn Lake Park					
Boot Camp South San Park	7:30 pm Circuit Training Woodlawn Lake Park					
Yoga Pan American Library	7:30 pm Circuit Training Woodlawn Lake Park					
Basketball Conditioning Copernicus Park	7:30 pm Circuit Training Woodlawn Lake Park					
Circuit Training Woodlawn Lake Park	7:30 pm Circuit Training Woodlawn Lake Park					
Zumba Normoyle Park	7:30 pm Circuit Training Woodlawn Lake Park					
Core Training Perez Park	7:30 pm Circuit Training Woodlawn Lake Park					
6:45 pm Zumba Barrera Fitness Center	7:30 pm Circuit Training Woodlawn Lake Park					
7:00 pm Family Yoga Collins Garden Park	7:30 pm Circuit Training Woodlawn Lake Park					
Core Training Perez Park	7:30 pm Circuit Training Woodlawn Lake Park					
7:30 pm Cross Fit Woodlawn Lake Park	7:30 pm Circuit Training Woodlawn Lake Park					
Cross Fit Harlandale Park	7:30 pm Circuit Training Woodlawn Lake Park					

WEEKLY SCHEDULE

NOVEMBER 2015

Monday November 9	Tuesday November 10	Wednesday November 11	Thursday November 12	Friday November 13	Saturday November 14	Sunday November 15
5:15 am Circuit Training Walker Ranch Park	8:30 am Power Walk Commander's House	Veterans Day Workout	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	9:00 am Interval Training Veterans Memorial Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	9:30 am Stroller Strides Hardberger Park East	1:00 pm Ruck March San Pedro Park	9:30 am Chair Volleyball Lackland Terrace Park	Line Dancing Granados Center	Pickleball LBJ Park	11:00 am Circuit Training Hardberger Park West
8:00 am Cross Fit West End Park	Chair Volleyball Lackland Terrace Park	Obstacle Course San Pedro Park		11:00 am Folklorico Granados Center	Zumba McAllister Park	
8:30 am Circuit Training Panther Springs Park	10:00 am Low Impact Fitness Commander's House	Zumba San Pedro Park	1:00 pm Table Tennis Mission Library	Tai Chi Pan American Library	Hip Hop Dance Berta Almaguer Studio	12:00 pm Family Fitness Hardberger Park West
9:00 am Circuit Training Stone Oak Park	Folklorico Berta Almaguer Studio	Cross Fit San Pedro Park	5:30 pm Circuit Training Bonnie Conner Park	Core Training Cuellar Park	Cross Fit McAllister Park	
9:30 am Low Impact Circuit West End Park	Ballet Exercise Berta Almaguer Studio	Family Fitness Frenzy San Pedro Park	Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schnabel Park	Boot Camp Lions Field	
10:00 am Modified Tennis Granados Center	11:30 am Lunch Crunch Travis Park		Boot Camp Southside Lions Park	Rotengo Jesse James Leija Gym	Boot Camp Hardberger Park East	
10:30 am Low-Impact Circuit Parman Library	12:00 pm Circuit Training Travis Park		6:00 pm Cross Training Garza Park	Beg. Weight Training Cuellar Park	10:00 am Zumba Rosedale Park	
10:30 am Social Walk Lackland Terrace Park	1:00 pm Table Tennis Mission Library		Cardio Kickboxing Normoyle Park		Circuit Training McAllister Park	
4:00 pm Pickleball Granados Park	5:00 pm Circuit Training Heritage Duck Pond		6:30 pm Circuit Training Woodlawn Lake Park		Cross Fit Monterrey Park	
4:30 pm Martial Arts Encino Library	Yoga Cuellar Park		Interval Training Bonnie Conner Park		10:30 am Chair Yoga Dorie Miller Park	
5:00 pm Strength Cuellar Park	Kids Cross Fit Rainbow Hills Park		6:45 pm Zumba South Side Lions Park		Yoga Hardberger Park East	
5:30 pm Low Impact Circuit Encino Library	6:00 pm Cross Training Garza Park		7:00 pm Walk It Out Fitness Copernicus Park		11:00 am Zumba Walzem YMCA	
5:30 pm Walking Group Woodlawn Lake Park	6:30 pm Circuit Training Enrique Barrera FC		7:30 pm Cross Fit Woodlawn Lake Park		Body Pump Rosedale Park	
6:00 pm Family Fitness Perez Park	Cross Fit Highland Park		Boot Camp Palm Heights Park		Interval Training McAllister Park	
6:00 pm Conditioning Cuellar Park	Zumba Arnold Park		8:00 pm Hip Hop Dance LBJ Park		Boot Camp Hardberger Park West	
6:30 pm Hula LBJ Park	Tae Bo Copernicus Park				11:30 am Yoga Dorie Miller	
6:30 pm Bailar es vivir Enrique Barrera FC	CrossFit Heritage Duck Pond				12:00 pm Body Combat Rosedale Park	
6:30 pm Circuit Training Collins Garden Park	Adaptive Cross Fit Rainbow Hills Park				1:00 pm Walk It Out Fitness Copernicus Park	
6:30 pm Boot Camp Encino Library	6:15 pm Rotengo Labor Street Park				Line Dancing Berta Almaguer	
6:30 pm Piloxing South Side Lions Park	Interval Training Bonnie Conner Park				Yoga Mission Library	
6:30 pm Boot Camp Garza Park	7:00 pm Interval Training Highland Park				2:00 pm Cycling Circuit Mission Library	
6:30 pm Boot Camp Harlandale Park	Cardio Kickboxing Heritage Duck Pond				Basketball Conditioning Arnold Park	
6:30 pm Boot Camp South San Park					3:00 pm Basketball Conditioning Arnold Park	
6:30 pm Yoga Pan American Library					3:30 pm Table Tennis Mission Library	
7:00 pm Basketball Conditioning Copernicus Park						
7:00 pm Circuit Training Woodlawn Lake Park						
7:30 pm Zumba Normoyle Park						
7:30 pm Core Training Perez Park						
7:30 pm Zumba Barrera Fitness Center						
7:30 pm Family Yoga Collins Garden Park						
7:30 pm Core Training Perez Park						
7:30 pm Cross Fit Woodlawn Lake Park						
7:30 pm Cross Fit Harlandale Park						

Monday November 16	Tuesday November 17	Wednesday November 18	Thursday November 19	Friday November 20	Saturday November 21	Sunday November 22
5:15 am Circuit Training Walker Ranch Park	8:30 am Power Walk Commander's House	8:30 am Circuit Training Panther Springs Park	8:30 am Walk on the River Commander's House	10:00 am Line Dancing Lackland Terrace Park	9:00 am Pickleball LBJ Park	10:00 am Interval Training Hardberger Park West
6:00 am Interval Training Walker Ranch Park	Low Impact Circuit Lions Field Park	Circuit Training Lou Kardon Park	9:30 am Chair Volleyball Lackland Terrace Park	11:00 am Tai Chi Pan American Library	Zumba McAllister Park	11:00 am Circuit Training Hardberger Park West
8:00 am Cross Fit West End Park	9:30 am Stroller Strides Hardberger Park East	10:00 am Low Impact Circuit Lackland Terrace Park	1:00 pm Table Tennis Mission Library	5:00 pm Core Training Cuellar Park	Cross Fit McAllister Park	12:00 pm Family Fitness Hardberger Park West
8:30 am Circuit Training Panther Springs Park	Chair Volleyball Lackland Terrace Park	5:30 pm Family Fitness Frenzy LBJ Park	5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Zumba OP Schhabel Park	Interval Training Veterans Memorial Park	
Circuit Training Stone Oak Park	Low Impact Fitness Commander's House	Circuit Training Labor Street Park	Circuit Training Bonnie Conner Park	Rotengo Jesse James Leija Gym	Boot Camp Lions Field	
9:00 am Low Impact Circuit West End Park	Folklorico Berta Almaguer Studio	Family Fitness Miller's Pond	Boot Camp Southside Lions Park	Beg. Weight Training Cuellar Park	9:30 am Boot Camp Hardberger Park East	
9:30 am Modified Tennis Granados Center	Ballet Exercise Berta Almaguer Studio	6:00 pm Bailar es vivir Enrique Barrera FC	6:00 pm Cross Training Garza Park		10:00 am Zumba Rosedale Park	
10:00 am Low Impact Circuit Parman Library	11:30 am Lunch Crunch Travis Park	Cross Training Garza Park	Cardio Kickboxing Walker Ranch Park		Circuit Training McAllister Park	
Social Walk Lackland Terrace Park	Circuit Training Travis Park	Yoga LBJ Park	Yoga LBJ Park		Cross Fit Monterrey Park	
10:30 am Pickleball Granados Park	12:00 pm Table Tennis Mission Library	6:30 pm Boot Camp Garza Park	Tae Bo Copernicus Park		10:30 am Yoga Hardberger Park East	
4:00 pm Martial Arts Encino Library	5:00 pm Circuit Training Heritage Duck Pond	Zumba Jimmy Flores Park	Cardio Kickboxing Normoyle Park		Chair Yoga Dorie Miller Park	
4:30 pm Martial Arts Encino Library	Yoga Cuellar Park	Zumba Normoyle Park	6:30 pm Circuit Training Woodlawn Lake Park		11:00 am Zumba Walzem YMCA	
5:00 pm Strength Cuellar Park	Kids Cross Fit Rainbow Hills Park	Boot Camp LBJ Park	Interval Training Bonnie Conner Park		Body Pump Rosedale Park	
Low Impact Circuit Encino Library	5:30 pm Circuit Training Bonnie Conner Park	Interval Training Ward Park	Zumba South Side Lions Park		Interval Training McAllister Park	
5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Cross Training Garza Park	Body Combat Pittman-Sullivan Park	6:45 pm Walk It Out Fitness Copernicus Park		Boot Camp Hardberger Park West	
Family Fitness Perez Park	Cross Fit Highland Park	Conditioning Labor Street Park	7:00 pm Walk It Out Fitness Copernicus Park		11:30 am Yoga Dorie Miller	
6:00 pm Conditioning Cuellar Park	Circuit Training Enrique Barrera FC	Volleyball Conditioning Copernicus Park	7:30 pm Cross Fit Woodlawn Lake Park		12:00 pm Body Combat Rosedale Park	
Hula LBJ Park	Zumba Arnold Park	Boot Camp Miller's Pond	Boot Camp Palm Heights Park		1:00 pm Walk It Out Fitness Copernicus Park	
Bailar es vivir Enrique Barrera FC	Tae Bo Copernicus Park	Interval Training Walker Ranch Park	8:00 pm Hip Hop Dance LBJ Park		Line Dancing Berta Almaguer	
Circuit Training Collins Garden Park	CrossFit Heritage Duck Pond	Youth Sports Cond Cuellar Park			Yoga Mission Library	
Boot Camp Encino Library	Adaptive Cross Fit Rainbow Hills Park				2:00 pm Cycling Circuit Mission Library	
6:30 pm Piloxing South Side Lions Park	6:15 pm Rotengo Labor Street Park	7:15 pm Zumba Harlandale Park			3:30 pm Table Tennis Mission Library	
Boot Camp Garza Park	6:30 pm Interval Training Bonnie Conner Park	7:30 pm Cross Fit Ward Park				
Boot Camp Harlandale Park	7:00 pm Interval Training Highland Park					
Boot Camp South San Park	Cardio Kickboxing Heritage Duck Pond					
Yoga Pan American Library						
Circuit Training Woodlawn Lake Park						
Zumba Normoyle Park						
Basketball Conditioning Copernicus Park						
Core Training Perez Park						
6:45 pm Zumba Barrera Fitness Center						
7:00 pm Family Yoga Collins Garden Park						
Core Training Perez Park						
7:30 pm Cross Fit Woodlawn Lake Park						
Cross Fit Harlandale Park						

WEEKLY SCHEDULE

NOVEMBER 2015

Monday November 23	Tuesday November 24	Wednesday November 25	Thursday November 26	Friday November 27	Saturday November 28	Sunday November 29
<p>5:15 am Circuit Training Walker Ranch Park</p> <p>6:00 am Interval Training Walker Ranch Park</p> <p>8:00 am Cross Fit West End Park</p> <p>8:30 am Circuit Training Panther Springs Park</p> <p>Circuit Training Stone Oak Park</p> <p>9:00 am Low Impact Circuit West End Park</p> <p>9:30 am Modified Tennis Granados Center</p> <p>10:00 am Low-Impact Circuit Parman Library</p> <p>Social Walk Lackland Terrace Park</p> <p>10:30 am Pickleball Granados Park</p> <p>4:00 pm Martial Arts Encino Library</p> <p>4:30 pm Martial Arts Encino Library</p> <p>5:00 pm Strength Cuellar Park</p> <p>Low Impact Circuit Encino Library</p> <p>5:30 pm Walking Group Woodlawn Lake Park</p> <p>Family Fitness Perez Park</p> <p>6:00 pm Conditioning Cuellar Park</p> <p>Bailar es vivir Enrique Barrera FC</p> <p>Circuit Training Collins Garden Park</p> <p>Boot Camp Encino Library</p> <p>6:30 pm Boot Camp Harlandale Park</p> <p>Boot Camp South San Park</p> <p>Yoga Pan American Library</p> <p>Circuit Training Woodlawn Lake Park</p> <p>Core Training Perez Park</p> <p>6:45 pm Zumba Barrera Fitness Center</p> <p>7:00 pm Family Yoga Collins Garden Park</p> <p>Core Training Perez Park</p> <p>7:30 pm Cross Fit Woodlawn Lake Park</p> <p>Cross Fit Harlandale Park</p>	<p>8:30 am Power Walk Commander's House</p> <p>Low Impact Circuit Lions Field</p> <p>9:30 am Stroller Strides Hardberger Park East</p> <p>Chair Volleyball Lackland Terrace Park</p> <p>10:00 am Folklorico Berta Almaguer Studio</p> <p>Low Impact Fitness Commander's House</p> <p>11:00 am Ballet Exercise Berta Almaguer Studio</p> <p>11:30 am Lunch Crunch Travis Park</p> <p>12:00 pm Circuit Training Travis Park</p> <p>1:00 pm Table Tennis Mission Library</p> <p>5:00 pm Circuit Training Heritage Duck Pond</p> <p>Kids Cross Fit Rainbow Hills Park</p> <p>5:30 pm Circuit Training Bonnie Conner Park</p> <p>6:00 pm Circuit Training Enrique Barrera FC</p> <p>Cross Fit Highland Park</p> <p>CrossFit Heritage Duck Pond</p> <p>Adaptive Cross Fit Rainbow Hills Park</p> <p>6:15 pm Rotengo Labor Street Park</p> <p>6:30 pm Interval Training Bonnie Conner Park</p> <p>7:00 pm Interval Training Highland Park</p> <p>Cardio Kickboxing Heritage Duck Pond</p>	<p>8:30 am Circuit Training Lou Kardon Park</p> <p>Circuit Training Panther Springs Park</p> <p>10:00 am Low-Impact Circuit Lackland Terrace Park</p> <p>5:30 pm Family Fitness Frenzy LBJ Park</p> <p>Circuit Training Labor Street Park</p> <p>Family Fitness Miller's Pond</p> <p>6:00 pm Bailar es vivir Enrique Barrera FC</p> <p>Yoga LBJ Park</p> <p>6:30 pm Boot Camp LBJ Park</p> <p>Zumba Jimmy Flores Park</p> <p>Conditioning Labor Street Park</p> <p>Body Combat Pittman-Sullivan Park</p> <p>Boot Camp Miller's Pond</p>	<p><u>Happy Thanksgiving!</u></p> <p>Thanksgiving is a time for reflection on what we are thankful for. During November we encourage you to post a video on twitter about why you are thankful for Fitness in the Park with #FitnessinthePark.</p>		<p>8:30 am Community Walk Pittman-Sullivan Park</p> <p>9:00 am Pickleball LBJ Park</p> <p>Zumba McAllister Park</p> <p>Hip Hop Dance Berta Almaguer Studio</p> <p>Cross Fit McAllister Park</p> <p>Interval Training Veterans Memorial Park</p> <p>Boot Camp Lions Field</p> <p>10:00 am Zumba Rosedale Park</p> <p>Circuit Training McAllister Park</p> <p>Cross Fit Monterrey Park</p> <p>10:30 am Chair Yoga Dorie Miller Park</p> <p>11:00 am Zumba Walzem YMCA</p> <p>Body Pump Rosedale Park</p> <p>Interval Training McAllister Park</p> <p>Boot Camp Hardberger Park West</p> <p>11:30 am Yoga Dorie Miller</p> <p>12:00 pm Body Combat Rosedale Park</p> <p>1:00 pm Walk It Out Fitness Copernicus Park</p> <p>Line Dancing Berta Almaguer</p> <p>2:00 pm Basketball Conditioning Arnold Park</p> <p>3:00 pm Basketball Conditioning Arnold Park</p> <p>3:30 pm Table Tennis Mission Library</p>	<p>10:00 am Interval Training Hardberger Park West</p> <p>11:00 am Circuit Training Hardberger Park West</p> <p>12:00 pm Family Fitness Hardberger Park West</p>

Monday November 30

5:15 am
Circuit Training Walker Ranch Park

6:00 am
Interval Training Walker Ranch Park

8:00 am
Cross Fit West End Park

8:30 am
Circuit Training Panther Springs Park

9:00 am
Low Impact Circuit West End Park

9:30 am
Modified Tennis Granados Center

10:30 am
Pickleball Granados Park

5:00 pm
Strength Cuellar Park

5:30 pm
Walking Group Woodlawn Lake Park

Family Fitness Perez Park

6:00 pm
Conditioning Cuellar Park

Hula LBJ Park

Bailar es vivir Enrique Barrera FC

Circuit Training Collins Garden Park

6:30 pm
Piloxing South Side Lions Park

Boot Camp Garza Park

Boot Camp Harlandale Park

Boot Camp South San Park

Yoga Pan American Library

Circuit Training Woodlawn Lake Park

Zumba Normoyle Park

Basketball Conditioning Copernicus Park

Core Training Perez Park

6:45 pm
Zumba Barrera Fitness Center

7:00 pm
Family Yoga Collins Garden Park

Core Training Perez Park

7:30 pm
Cross Fit Woodlawn Lake Park

Cross Fit Harlandale Park

Keep your kids active this holiday season with San Antonio Parks and Recreation Department

The San Antonio Parks and Recreation Department is proud to continue offering holiday camps for kids ages 6 to 14. Camps are held at select Community Centers throughout the San Antonio and cost just \$3 per day! Hours for camp are 7:30 am to 5:30 pm. Lunch is provided and campers will engage in a variety of activities including physical activity, arts and crafts, games and educational fun. For more information, please call the location you are interested in registering your child.

Thanksgiving Camp: November 23 - 25

Holiday Camp: December 21 - 23 & December 28-31

Copernicus Community Center	5003 Lord	648-1072
Cuellar Community Center	5626 San Fernando	436-0908
Dawson Community Center	2500 E. Commerce	227-1627
Father Roman Community Center	11030 Ruidosa	627-2138
Garza Community Center	1450 Mira Vista	207-3239
Hamilton Community Center	10700 Nacogdoches	654-7749
Harlandale Community Center	7227 Briar Place	924-8021
Melendrez Community Center	5919 W. Commerce	207-3235
Miller's Pond Community Center	6175 Old Pearsall Rd.	623-2900
Normoyle Community Center	700 Culberson	924-0770
Palm Heights Community Center	1201 W. Malone	207-3099
Ramirez Community Center	1011 Gillette Blvd.	921-0681
San Juan Community Center	2307 S. Calaveras	225-5410
South Side Lions Community Center	3100 Hiawatha	532-1502
Ward Community Center	435 E. Sunshine	732-2481
Woodard Community Center	1011 Locke	225-5445
Yates Community Center	568 Rasa	673-1152